



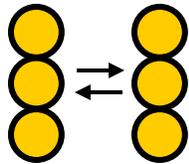
Transactional Musings

Volume 2, Issue 6
June 12, 2011

“Get-a-Level Head” continued

“The measure and test of demonstrating the usefulness of the head leveling procedure to the reader is to ask the reader to carry out the same procedure that has been described ... namely, bring the positioning of his head from an angle so that the two eyes are level with the horizon, and hold this position for 30 seconds. Then go back to an angle of 7 to 10 or so degrees off the horizontal. This is a minimal angle, but can be measured. Hold that angle for another 30 seconds, similar to how the level was held. Then assume a “cocked” head angle of 20 or more degrees. Note that after about 30 seconds, in this second and then this third position, a person can expect himself to experience for each, a separate way of living the same social (physical) situation.
go to pg 2

“Get-a-level Head” as a procedure has the net effect of making for better lives. By having a more readily available **Adult**, knowing how to access ones **Adult**, an individual can become an observer of his own behavior, i.e. **Parent-Adult-Child** and how he transacts



with other people. When individuals use this procedure their lives level out, they become more reliable, their relationships are of better quality, and discerning happenings around them becomes clearer. People, individuals, society benefit from having, “Getting-a-level Head.”

The following is a continuation of a section from the “**Handbook of Listening - Transactional Analysis of the Listening Activity**” by F. H. Ernst Jr., M.D., pages 102-119. We continue with him on page 112. “The very few instances of individuals who are level but are in a non-Adult ego state fall into 3 categories:

1. Trance-like Child ego state: Marked diminution of body movement and an almost absence of eye-blink has been noted. In these instances the Child ego state is working at avoiding confusion. A 23-year-old male with schizophrenia, being cynical was trying to stimulate an Uproar game. He was quite motionless when others were talking, did not laugh and had very minimal amount of bodily movement except for his two lips during the time he was talking. His game was “Doctor-is-always-right,” and he regularly said “Yes, sir!” as an automatic response when such a response could be used by him.

Another instance was a young “dopey” ex-user of LSD housed in prison. As a patient in a psychotherapy group, he was episodically seen motionless and unblinking when talking except for

the movement of his jaw.

In these instances Shelly was in a semi-hypnotic state, as if he were drugged. He was almost unblinking, in his “looking-through” (non-convergent gaze at) another person as he would go ahead talking, “steamrolling-ahead” in his conversation, recollecting disconnected thoughts without converging his eyes or his voice onto any one person. When asked who he was talking to, he said “Everybody,” to which two other group members said meant “nobody was supposed to be listening.”

2. Point-in-Mind Listening: Watching, looking, listening for the occasion when next the particular person “finds an opening” to talk, holding his own next point-in-mind for when he can expect to be able to perform. Waiting until it gets to be his turn to climb back on the stage again with his words.

Example:

Marijane was carefully hearing an item (a point she wanted to make) in her mind because she wanted to bring it up at the first opportunity when it would be proper to “barge in” to ask the question she had. She

Special points of Interest:

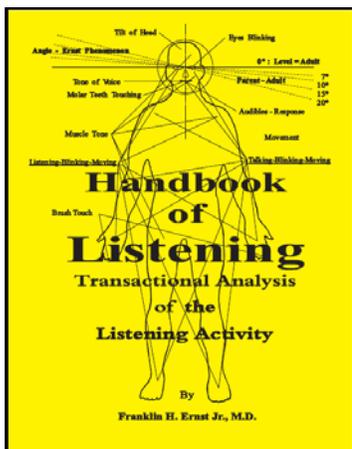
“**T**rance-like Child ego state: Marked diminution of body movement and an almost absence of eye-blink has been noted. ...”

“**P**oint-in-mind Listening: watching, looking, listening for the occasion when next the particular person “finds an opening” to talk, holding his own next point-in-mind for when he can expect to be able to perform. ...”

“**L**istening, waiting with little movement except for some minimal eye-balling of the scene, almost unblinking. This was also called peripheral-vision or a ‘peeping’ style of listening, blinking.”

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New mental pictures, new fantasies will come into mind. The information from the body muscles, body posture and the body position in space, which is conveyed back to the central nervous system from each body attitude, rekindles a different picture which will bring up a different way of perceiving the situation at hand. Different qualities of perceptive awareness and conceptualization become opened up by shifting one's physical attitude (position of head on one's neck). Different imagery inside the person can often be encouraged by this procedure of relocating the position of a person's head (on his neck.)

Another method by which the reader can verify these facts for himself is to alter the position of his head from level to tilt and then back to level when listening or talking with another person."

was waiting only for the slightest pause in the talk (0.3 of a second would be enough) to insert her peripheral but "jeweled" item into the conversation.

She would remain alert and leveled throughout her waits. There was almost no perceptible movement from her except occasional eye-blinks. She was "not going to let anyone see if things bothered me," or that what was said in group had any perceptible effect on her.

More than once it was evident she was doing a lot of listening in group. This could not be accounted for in terms of any immediately evident movement unless ...unless she were moving in some self stimulating but out-of-sight or overlooked manner. It turned out that she kept the tip of one fingernail of each hand in touch and continuously riding over the edge of a fingernail on her other hand, one object being to do it with as little slipping off or down the other fingernail on the other finger as possible. The second object being to make no perceptible noise. Those in her group who tried this movement reported and showed a significant rise in attentiveness, especially in their readiness to be responsive to situations at hand; with a little practice they also were able to begin to affect an appearance of level-headed, unblinking, almost unmoving nonchalance about these same events.

3. Listening, waiting with little movement except for some minimal eye-balling of the scene, almost unblinking. This was also called peripheral-vision or a "peeping" style of listening, blinking.
Example:

Slim could be apparently listening, with rapt attentiveness, as level as could be,

some periodic body movement. Episodically he was a disconcerting person to talk to or observe. Aged 36, he was in prison for his third term; this Cinderfellow" (Cinderella) wanted to get well of going back to jail and also wanted to revive previously renounced ties with his childhood family. In prison this time for burglary, he told of occasional peeping-Tom activities in his youth. Eventually it became evident that when the "peeping Tom" in him was active, his cheek muscles below his eyes, and his lower eyelids were relaxed and sagging "flattened out." He acknowledged on being asked that at these times in question, his teeth were not touching. Always polite to the women professionals (students) visiting the group, he did not seem to ever be looking at any of them at least he never was caught at it by any of the women or the group leader. Yet coloring and huskiness of tone at times coincided with other data he gave to indicate he was looking at and watching some of the female visitors very attentively. The secret worked out (and which he corroborated) was that he would become interested in a woman who moved, who had a fairly steady stream of body movements, hair, clothing movements. He then would fasten his gaze on another (usually talking) person in the vicinity of this particular woman and yet also appear attentive to the talker. He would be ready with some words in case he was called on. Then by stopping almost all of his own blinking and otherwise becoming almost completely motionless, he could let his peripheral vision peep on her and take in this female vision. Another advantage: He couldn't be accused

of peeping. Another advantage was that being motionless decreased the likelihood of drawing adverse or unwanted conversational stimuli toward himself.

In a second instance, a man reported an event where he was preoccupied in concentrating on his own physical posture and in showing a squared-up posture ("being-an-upright-and-on-the-level-citizen"). Instead he got "uptight" to the extent of almost overlooking a significant external noise event. (There was no one else available for him to talk to and he was alone, driving his automobile.) He very nearly got hit by an oncoming, loudly-honking train at a railroad crossing.

Many a person has told of not previously taking the opportunity to study his own countenance while angling in the mirror to locate whether his countenance was level or not, and under what circumstances. Most individuals who later became adept with "leveling" have found their leveling correlated with at least one of their Adult tones and a pitch of voice.

The inference of the Parental injunction "There is absolutely no reason at all for you to feel (do) the way you do," was heard from some new patients indirectly in the form of "I had no reason at all to feel this way." As treatment candidates, these individuals were resistant to professional recommendations and taxed the skills of the professional while achieving a successful outcome. For example, when "leveling" was introduced to Mrs. "There's-No-Reason-at-All-Why-I-Should-Feel-This-Way," she threw it up. She regularly also threw up other "prescriptions" given to her.

Those who have been resistant to the head-leveling pro-

cedure were better handled by not bothering to contend with the resistance (commitment) to not carrying out the leveling procedure. Instead they were told "Come on let's do it now. Let's get well. Let's do the treatment and analyze how it works later." Occasionally a patient responded with words: "No, I don't want to do this. I don't see why I should do it. I don't have to do it if I don't want to." Assuming that the professional's timing was good, the treatment contract would be cited back to the patient, as with "You came here to get well of ..."; then continue to "OK, so you don't want to do it, but come on now anyhow and let's do it now." And then proceed to show how leveling is done, both with word description and simultaneously carry out the physical moves with his own hands and fingers on the sides of his head as described, to demonstrate it.

A man who said he did not want to do the leveling was persuaded: "Ah, come on. Let's do it anyhow." He was told, shown, and did do it the second time through, with other group members who came along with the therapist

in doing it. During that session and the succeeding 60 group sessions he continued to, in his words, "practice leveling." One of his rewards was the description a woman in the group gave him: "Rob, you sure have a heck of a lot more sex appeal than you used to." She was comparing that previously he had either been reluctant to commit himself in a conversation when talked to, or he was furtively looking up the legs of the women members. His games had been: "See-What-You-Made-Me-Do! (Wash-Out,-That's-What)" and "Look-What-I-Made-You-Do! (Scold,-Rebuff -Me)." Rob changed from a "stiff-necked boy" with a "chronic washout" style of life to one of the more active and warm individuals in the group. Starting from the single procedure of leveling, he described that now he no longer felt compelled to "have to be ready to wash out of conversations because I was afraid I would goof; now I can stay better with the talk." Both his confidence in his own staying abilities, as well as his "staying ability," increased.

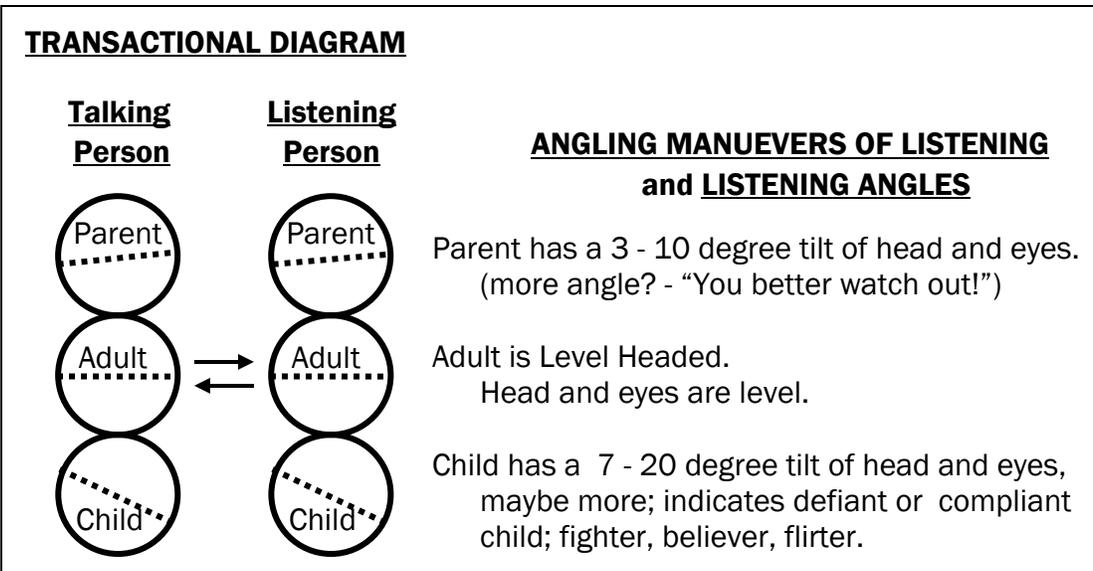
There were additional advantages which accrued to the group leader who noticed and made predictive estimates to

himself about the success of particular intervention events depending on the angle (or level) of the person's head.

For example, one leader was able to gauge more reliably when he was likely to be talking to the objective person (Adult) and when instead he would be talking to one of the non-objective qualities of the particular individual's personality structures. Such a professional can choose to talk when the leveling is going on, or ask the group member "Hey, I want to talk to your Adult. Get a level for a few seconds, OK?" in order to then decrease the other ego states e.g., from taking umbrage. The group leader could ask the group members to temporarily set aside the particular personality quality (Parent or Child) of the moment in favor of his Adult-self and then watch to see if, in fact, the person had temporarily set aside, e.g., his internal prejudices, opinions and beliefs which might interfere with assessing what the group leader figured was appropriate to say then.

Keeping track of the level-vs-angle of a person is of aid in locating "when the person has his cool on" so that his

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"Mastery of the universe is proportional to the symbols man has by which to represent his universe."

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objective self can be talked to. By decreasing and de-emphasizing the importance of outrage and emphasizing the "getting-on-with-it" job at hand, itself. The leveling offers protection for getting well.

Those who have had leveling available to themselves can increase the efficiency with which group sessions were used. The person in group

who had temporarily come off his angle and into leveling could then, later, go back to his tilt in order to secure the advantages and satisfactions which would come from getting a laugh or annoyance, the sense of aliveness that comes from the crossing of a transaction, or disrupting the activities of another person, or alienating and estranging others from himself., etc. Since a person can

carry out these activities ("making my points" games and payoffs) either later in group or external to the group situation, a temporary postponement in group may well make for a more efficient usage of the time for the work in the group. This is not to say that an individual's playing of his game has to be permanently given up in his group sessions.

To be continued

Adult ego state

In looking over Dad's copy of "Transactional Analysis in Psychotherapy" by Eric Berne, M.D., I found on page 191 that Dad had tabbed and noted "Adult" and drew a circle with a level line in the middle.

In reading Eric Berne's description about observing the **Parent-Adult-Child** in children it becomes obvious that children understand the difference of **Parent-Adult-Child**.

"A little boy began sucking his thumb after the birth of a baby sister when he was four. His mother said that Aaron had been a thumb sucker up to the age of two years, but had then given up the habit until the new baby appeared on the scene. Aaron himself felt that it was wrong, and thought he was too old to do it, but whenever things went badly, that is what he did. The sister was now three, and when things were going well the two children played together in a friendly way. Aaron would show her how to build things with blocks and play games. If she became too exuberant, untidy, or careless, he would say: 'You're not supposed to do that.

You have to put things back where you took them from," etc. The mother would tell these things to visitors, and when they went to greet the children in the play-room they would usually find Aaron in one or other of these three states: either sulking, playing with his sister, or rebuking her *in loco parentis*."

"It was not difficult to diagnose these three states of Aaron as Child, Adult, or Parent, respectively. In fact the little girl too, perhaps in imitation of her brother, exhibited a similar trichotomy, with tattling as the anlage of the Parental ego state. By observing infants, the distinction of neopsyche from archeopsyche functioning can be observed at a very early age when the breast or bottle begins to be treated as a separate object with an external reality of its own. Later, parentalism begins to appear in imitation of or in alliance with the actual parents."

"Aaron exhibited the child-like qualities appropriate to his age: an appealing protectiveness toward his little sister; a shrewdness in dealing with people and things, together with various reactions which were his cur-

rently available ways of dealing with pleasure and frustration, and in addition, a regressive phenomena: the resumption of a previously abandoned, archaic mode of reaction by thumb-sucking. These classes of behavior make it possible to draw a structural diagram for this child"
(See page 193)

Eric Berne uses drawings to show an idea of a thousand words.

According to A. Robinson in "Access to Energy" Vol.37, no.12, July 2010, some three dimensional cork models were built that describe ideas of a thousand words. "Pauling decided to approach the nuclear structure problem entirely geometrically. First he defined 'spherons' (probably a concept that had already been described) as helions, tritons, trillions (^3He), dineutrons, diprotons, and deuterons, depending upon how many protons and neutrons (up to a total of 4) that they contained." See "Rotating Clusters in Nuclei" by L. Pauling and A.B. Robinson.

To be continued